

My Quit Plan

Congrats on taking this important step toward a vape-free life! Quitting vapes is one of the most important things you can do to protect your health. Your quit plan is designed to help guide you through quitting and get you ready for the challenges you may face along the way. Leave your quit plan open in your phone to reread it or return to it to make changes or updates.

STEP 1 of 6

Getting Started

My Quit Date:

STEP 2 of 6

What Vaping Costs Me

Recognizing how vaping may be affecting your life and your bank account can help you understand what you'll gain when you're vape-free.

My Savings

It can be hard to estimate how much you spend on vaping. How much you vape, the products you use, and how easy it is to vape may change each week. Try keeping track over the next two weeks and see what you are spending – it may surprise you.



Dig Deeper

Think about how your life will get better without vaping. Ask yourself these questions:

- How will school and relationships go more smoothly?
- How will I handle stress or other challenges differently?
- How will saving money give me more options in my life?

STEP 3 of 6

Why I'm Quitting

There are many good reasons to stop vaping in addition to the ones provided in this plan. Write down your own reasons and come back to them when you need motivation to stay focused.



Dig Deeper

Ask yourself these questions to understand more about why you want to quit and how vaping gets in the way of what's important to you.

- Is vaping controlling my life?
- How does vaping affect my performance in sports or other activities?
- How does vaping affect my relationships or schoolwork?

STEP 4 of 6

What Makes Me Vape

Over time, you've built up patterns and routines around vaping – especially if you vape during many different activities or frequently throughout the day. Knowing your vaping behaviors – like when and where you typically vape – may help you prepare for situations that make you want to vape and avoid them.



Dig Deeper

Ask yourself these questions and write down your answers. This will help you start to understand your vaping patterns and behaviors:

- When do I vape?
- Do I vape more often than I used to?
- In what places or situations do I vape more or less often?
- Who am I with when I vape?
- How does vaping make me feel?

STEP 5 of 6

Fight Cravings

For many people, dealing with cravings is one of the hardest parts of quitting vaping. That's why it's important to have a plan for how to handle cravings when they hit. [Learn more](#) to help you next time you have the urge to vape or return to the quit plan tool to select craving strategies to add to your plan.



Did you know?

Cravings are temporary and will fade over time the longer you stay quit. When a craving hits, remember that it will pass if you give it time and find something else to do instead of vaping.

STEP 6 of 6

My Quit Vaping Strategies

Stay on track and increase your chances of saying goodbye to vaping forever by thinking about who can support you and how you will be prepared to handle hard times, especially the unexpected ones.

Get Support

It's okay if you are unsure about getting support from others or don't think that it's something you need. However, people who get help from a healthcare professional or a trained counselor online or over the phone are more likely to quit successfully. Learn how to [build your quit vaping team](#).

If you want more help in the future or aren't sure what kind of support you need, call your state's quitline for advice on quitting vaping:

Call your state's quitline

Timing Varies by State

English: 1-800-QUIT-NOW ([1-800-784-8669](tel:1-800-784-8669))

Spanish: 1-855-DÉJELO-YA ([1-855-335-3569](tel:1-855-335-3569))

Prepare Before You Quit Vaping

It's okay if you are not ready to prepare before you quit. People quit in different ways, and the best quit plan is the one that works for you.

However, planning and thinking ahead about how you will handle challenges — like being around other people vaping — can increase your chances of quitting successfully.

When you're ready to take steps to prepare to quit, we have information on [how to quit vaping](#).

Plan Feel-Good Activities

Quitting vaping may not be easy. Bad moods, poor sleep, and strong cravings are a few of the things you may feel when you quit. That's why it's important to celebrate your successes and make time for the things you enjoy.

Doing something you enjoy can improve a bad day and help you cope with tough times or setbacks.



Need Some Ideas?

Make a playlist of your favorite songs, create a video, or do some volunteer work.

Handling Setbacks

[If you slip up and vape](#), don't think of it as a failure. Remind yourself that you've had a temporary setback. The important thing is that you move forward to start quitting again. Try these steps:

- Reread your reasons for quitting.
 - Be proud of yourself for all the times you didn't vape.
 - Think about what caused you to vape and come up with a plan for how you would handle it differently next time.
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